



SR0161

LRB103 31642 MST 60106 r

1 SENATE RESOLUTION

2 WHEREAS, The type, quality, and amount of food that
3 Illinoisans consume each day plays a vital role in their
4 overall health and physical well-being; and

5 WHEREAS, Nutrient needs change over an individual's life
6 span; and

7 WHEREAS, Following a healthy dietary pattern can help
8 maintain good health and reduce the risk of chronic diseases
9 throughout all stages of life; and

10 WHEREAS, There is a need for continuing nutrition to
11 enhance healthy eating practices throughout Illinois; and

12 WHEREAS, One way to experience the benefits of healthy
13 eating is to consult with a registered dietitian nutritionist
14 for personalized nutrition advice; and

15 WHEREAS, National Nutrition Month was created 50 years ago
16 to promote healthy eating development, informed food choices,
17 and physical activity habits; and

18 WHEREAS, Each March, National Nutrition Month is an
19 opportunity to increase public awareness about the importance

1 of good nutrition; and

2 WHEREAS, National Nutrition Month is powered by the
3 dedicated registered dietitian nutritionists throughout
4 Illinois who work to educate Illinois residents on healthy
5 nutrition habits; therefore, be it

6 RESOLVED, BY THE SENATE OF THE ONE HUNDRED THIRD GENERAL
7 ASSEMBLY OF THE STATE OF ILLINOIS, that we declare March of
8 2023 as Nutrition Month in the State of Illinois to promote
9 healthy habits and lifestyles; and be it further

10 RESOLVED, That we encourage all citizens to take the
11 opportunity during Nutrition Month to think about their
12 nutrition to achieve optimum health for today and tomorrow;
13 and be it further

14 RESOLVED, That suitable copies of this resolution be
15 presented to the Director of the Illinois Department of Public
16 Health and the President of the Board of the Illinois Academy
17 of Nutrition and Dietetics.